Japanese Rice Porridge (Okayu) お粥

JUMP TO RECIPE DISCUSSION

Simple and easy homemade Japanese rice porridge recipe. All you need is water and rice. Garnish with scallions, salted salmon, and nori, this homey, comforting dish will sure to keep you nourished and the chill at bay.

At this time of the year when the weather is cold and flu season is around, my children usually take turns to bring home some bugs from school. Last week it was my daughter's turn. She was feeling under the weather with high fever and coughs, so I decided to make some warm **Japanese Rice Porridge (Okayu)** for her.

How to Make *Japanese Rice Porridge*

Rice Porridge, or we call it ***Okayu* (お粥)**, is a simple dish made from just rice and water. The rice is simmered in a pot with water until the mixture disintegrates. As the rice is tender soft and easily digestible, rice porridge in Japan is commonly known as a healing food served to people who are recovering from sickness, the elderly, or babies.

Compared to other countries where rice porridge is eaten, Japanese rice porridge is much thicker. A rice-to-water ratio is 1 : 5 for typical rice porridge (we call it *zen-gayu*), compared to 1 : 12 for a Cantonese-style congee. Japanese rice porridge recipe can be

KONNICHIWA & WELCOME!

I'm Nami, a Japanese home cook based in San Francisco. Have fun exploring the 700+ classic & modern Japanese recipes I share with step-by-step photos and How-To YouTube videos.

READ MORE

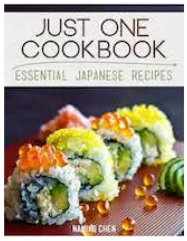
5-DAY EMAIL GUIDE TO JAPANESE NEW YEAR

Delicious Foods, Traditions & Customs

FIRST NAME

EMAIL ADDRESS

YES, I WANT THIS



LOVE OUR RECIPES?

Buy our best-selling e-cookbook full of 33 easy and simple Japanese recipes!

PURCHASE TODAY!

made much quicker than the Chinese congee. We also don't seem to eat porridge as frequently as the Chinese do as a regular meal.

Sometimes the rice porridge is cooked in dashi (Japanese soup stock), chicken stock, or miso to flavor the broth. If you like, salmon, egg, or vegetables can be added to the rice porridge. However, I made today's rice porridge very basic and plain without any modification so you can enjoy it with optional toppings on the side.

Get Your Donabe (Earthenware Pot) Ready!

How To Season Donabe (Earthenware Pot)

Japanese Ingredient Substitution: If you want to look for substitutes for Japanese condiments and ingredients, click here.

Sign up for the **free** Just One Cookbook newsletter delivered to your inbox! And stay in touch with me on Facebook, Pinterest, YouTube, and Instagram for all the latest updates.

JAPANESE RICE PORRIDGE (OKAYU)

★★★★★
4.37 from 11 votes

Prep Time 5 mins *Cook Time* 30 mins *Total Time* 1 hr 5 mins

Simple and easy homemade Japanese rice porridge recipe. All you need is water and rice. Garnish with scallions, salted salmon, and nori, this homey, comforting dish will sure to keep you nourished and the chill at bay.

Course: Main Course, Side Dish
Cuisine: Japanese
Keyword: okayu, rice soup
Servings: 1
Author: Nami

PRINT

INGREDIENTS

- ☐ ¼ cup **uncooked Japanese short grain rice** (50 g)
- ☐ 250 ml **water**

Toppings of your choice:

- ☐ **Shredded Japanese Salted Salmon**
- ☐ **Umeboshi (Japanese pickled plum)**
- ☐ **green onion/scallion** Chopped
- ☐ **shredded nori seaweed (kizami nori)**
- ☐ **white sesame seeds (roasted/toasted)**
- ☐ **Mitsuba (Japanese parsley)** (for garnish)

INSTRUCTIONS

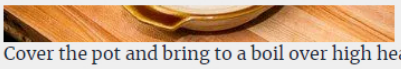
1. Gather all the ingredients. I follow the **1 to 5 rice-to-water ratio** for my Okayu recipe.

2. Rinse the rice in water, then drain. Repeat until the water runs clear.

3. Soak the rice in the pot for at least 30 minutes.

4. After 30 minutes, drain the water completely.

5. Then add 250 ml of water into the pot.



6. Cover the pot and bring to a boil over high heat.

7. When boiling, lower the heat to the stove's lowest setting (make sure to use the right size of stove burner for your pot size). Open the lid and gently mix with the spoon once, making sure rice is not stuck to the bottom of the pot.

8. Cover the lid and simmer the rice for 30 minutes (**Tip:** With a good size pot and the lowest heat on the stove, water should not boil over. If you cook with more

water or your pot is smaller than my pot, you may want to cover the lid at a slight angle so the water doesn't boil over). During this time, I never open the lid or mix the rice. (**Tip:** If you are worried, you can quickly peek and make sure there's enough water so the rice doesn't burn the bottom of the pot. If necessary, you can stir the pot or add "hot" water. Otherwise, don't touch the rice because you would end up breaking the nice shape of rice kernels.)

9. After 30 minutes, turn off the heat and let it steam for 10 minutes. The rice should be soft and thickened. If you want to add something, like a beaten egg or salt, this is the time to add. Today I didn't add anything and kept it simple. Serve into the individual rice bowls and garnish and put toppings of your choice.

RECIPE NOTES

Heaby-bottomed pot: I recommend using a heavy-bottomed pot or donabe (earthenware pot). The heat is even is not as direct or strong as regular pot, so you can cook rice evenly.

Rice-Water Ratio

- *Zen-gayu* – 1 : 5 (50 grams : 250 ml)
- *Shichibu-gayu* – 1 : 7 (50 grams : 350 ml)
- *Gobu-gayu* – 1 :10 (50 grams : 500 ml)
- *Sanbu-gayu* – 1 : 20 (25 grams : 500 ml)

Using Cooked Rice: Add rice and 2-3 times water in the pot. Cook stirring over medium low heat. Adjust the consistency by adding more water.

Recipe by Namiko Chen of Just One Cookbook. All images and content on this site are copyright protected. Please do not use my images without my permission. If you'd like to share this recipe on your site, please re-write the recipe in your own words and link to this post as the original source. Thank you.

Did You Make This Recipe?

If you make this recipe, snap a pic and hashtag it #justonecookbook — We love to see your creations on Instagram, Facebook, and Twitter!

Make It Into A Meal

Grilled Mackerel (Saba Shioyaki) 鯖の塩焼き

Kenchinjiru けんちん汁

Miso Dengaku (Tofu, Eggplant, Daikon & Konnyaku) 味噌田楽

Japanese Spinach Salad with Sesame Dressing (Horenso Gomaae) ほうれ

ん草の胡麻和え

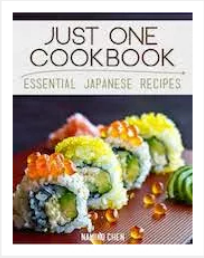
POSTED ON:
JAN 30, 2013

FILED IN:
· BREAKFAST · CLASSIC WASHOKU · EASY · GLUTEN-FREE · HEALTHY · RICE + DONBURI · RICE + NOODLE · STOVETOP · VEGAN · VEGETARIAN · WINTER ·

WRITTEN BY:
NAMI

NEXT POST
Bento Box Set Giveaway (Closed)

PREVIOUS POST
Bento Box Set Giveaway (Closed)



Love Our Recipes?

Buy our best-selling e-cookbook for 33 more easy and simple recipes!

PURCHASE TODAY!

5-Day Email Guide to Japanese New Year!

free email series

Delicious foods, traditions & customs

Subscribe

LEAVE A COMMENT

Your email address will not be published. Required fields are marked *

RECIPE RATING ☆☆☆☆☆

COMMENT

NAME *

EMAIL *

WEBSITE

what type of comment do you have?

○ REVIEWS ○ QUESTIONS ○ GENERAL

● NOTIFY ME OF FOLLOWUP COMMENTS VIA E-MAIL. YOU CAN ALSO SUBSCRIBE WITHOUT COMMENTING.

SUBMIT

DISCUSSION

GENERAL QUESTIONS

ALLISON (SPONTANEOUS TOMATO) WROTE:

I love okayu with umeboshi! (I used to make it in my rice cooker when I lived in Japan... and not just when I was sick, either!)

I didn't know that okayu had different names depending on the rice-water ratio, though. Thank you for always including so many interesting facts (beyond just the recipes) on your blog!

REPLY

JEFF WROTE:

Looks delicious! When you say ill people, do you mean deathly ill, or just a little sick? I'd definitely enjoy this as a little snack!

REPLY

NAMI WROTE:

Hi Jeff! Maybe my choice of words "people who are ill" might sound "deathly ill". Sorry I didn't know how to describe, but I changed to "people who are recovering from sickness". Maybe sound better? 😃 Thank you!

REPLY

VIJ (SPICES AND AROMA) WROTE:

I love simple foods. We call it "arisi kanji" in my mother tongue. A bowl of rice cooked in water and little salt for